



Adulthood? What's That?

Jay Dashefsky – Education
Katie Griffith and Calvin (Mykl) Cook – Work
April Reed – Volunteering



Education

- Throughout the K-12 Years
- Transitioning from K-12 to College
- With Independence Comes Responsibility
- Your Future
- Experiences from K-12
- Experiences from College



Work

- Transportation How do you get around?
 - Dial A Ride
 - City bus
- Accommodations
 - Teamwork
 - Willing to work around our schedule.
 - Adaptive equipment (example- mouse)
 - Personal care assistants




Work


- Benefits to working
 - Increased Socialization and friendships
 - More Independence
 - Set an example for others
 - Sense of Accomplishment
- Downsides to working
 - Get up early to get transportation
 - On or during transit sometimes feel unsafe
 - Unplanned difficulties during transit weather changes
- Everyone has their own unique skills and talents




Volunteering

- Volunteer Coordinator at Arizona Bridge to Independent Living (ABIL), the Independent Living Center in Phoenix, Arizona.
 - ABIL's Peer Mentor volunteers act as coach and mentor to assist other with disabilities to reach their own independent living goals.
 - ABIL's General Administrative volunteers assist with clerical projects at the ABIL office.


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- Benefits to volunteer work
 - Volunteering can help you reach your educational or employment goals by providing opportunities for work experience
 - Free on the job training- volunteering can help you learn new skills, or help you further develop existing skills



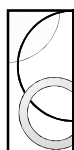
- Look for job leads and industry contacts- volunteering can allow you to network and meet people in the field you wish to work
- You can use volunteering opportunities to explore potential career interests and find out what you like to do or what you don't like
- Volunteering experience can be added to a resume
 - Many programs will provide volunteers with a character reference which can be used when applying for a job or a scholarship application



- Your work can better your community and make a difference for people in need
- Many people met new friends and feel good about the work they are doing



- Tips for looking for volunteer Work (see handout)
 - What will work best for my schedule?
 - What about transportation?
 - What do I enjoy doing and who do I like to work with?
 - Being comfortable in the setting can help lead to a successful experience.

	<p>Questions</p> <p>Questions for panel</p>
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